

## SYMPTOM LISTS - MEN

### Testosterone Deficiency

- ♦ Low Libido
- ♦ Decreased sexual stamina
- ♦ Erectile dysfunction
- ♦ Decreased physical agility
- ♦ Decreased strength
- ♦ Urinary problems
- ♦ Increased weight in waist
- ♦ Increased fasting blood sugar
- ♦ Fatigue
- ♦ Low stamina
- ♦ Low motivation & loss of competitive edge
- ♦ Low mental acuity
- ♦ Poor attention span
- ♦ Depression & mood changes
- ♦ Elevated Triglycerides

#### Causes

- ♦ Decreased Production
- ♦ Decreased Production of DHEA
- ♦ Increased production of SHBG (sex hormone binding globulin) decreases free testosterone
- ♦ Increased conversion of testosterone to estradiol
- ♦ Chronically high cortisol levels

### Estrogen Excess

- ♦ Increased breast size
- ♦ Bone loss
- ♦ Urinary problems
- ♦ Low libido
- ♦ Increased prostate size
- ♦ Elevated cholesterol
- ♦ Prostate disease
- ♦ Weight gain in waist

### Low Cortisol/Adrenal Function

- ♦ Fatigue
- ♦ Aches and pains
- ♦ Chemical sensitivities
- ♦ Decreased erections
- ♦ Allergies
- ♦ Blood sugar imbalance
- ♦ Weight gain in waist
- ♦ Depression
- ♦ Irritability
- ♦ Symptoms of Hypothyroidism
- ♦ Prostate Problems
- ♦ Chronic Infections
- ♦ Autoimmune disorders

### High Cortisol/Adrenal Function

- ♦ Same symptoms as Low Cortisol
- ♦ Bone loss
- ♦ Sleep disturbances
- ♦ Low libido
- ♦ Depression
- ♦ Hair loss
- ♦ Elevated Triglycerides
- ♦ Anxiety



## SYMPTOM LISTS - MEN

*CONTINUED*

### Low Thyroid Function

- ♦ Fatigue (especially evening)
- ♦ Cold extremities/low body temperature
- ♦ Dry Skin
- ♦ Low pulse rate/blood pressure
- ♦ Depression
- ♦ Poor concentration
- ♦ Foggy Thinking
- ♦ Infertility
- ♦ Low libido
- ♦ Decreased erections
- ♦ Low Stamina
- ♦ Headaches
- ♦ Intolerance to cold
- ♦ Scalp hair loss
- ♦ Lack of motivation
- ♦ Memory lapses
- ♦ High Cholesterol
- ♦ Constipation
- ♦ Weight gain
- ♦ Inability to lose weight

### Hyper Thyroid Function

- ♦ Heart palpitations
- ♦ Insomnia
- ♦ Hair loss
- ♦ Anxiety
- ♦ Weight loss

